




 **26%**
HEALTH SCORE

Quick and Easy Caprese Salad


 Vegetarian  Gluten Free

READY IN




45 min.

SERVINGS



4

CALORIES



370 kcal

SIDE DISH **LUNCH** **MAIN COURSE** **MAIN DISH**

Ingredients

- 4 servings balsamic vinegar
- 0.3 cup basil
- 0.3 cup basil
- 8 ounces mozzarella cheese
- 4 servings olive oil
- 4 servings bell pepper
- 4 servings bell pepper
- 0.5 tsp salt

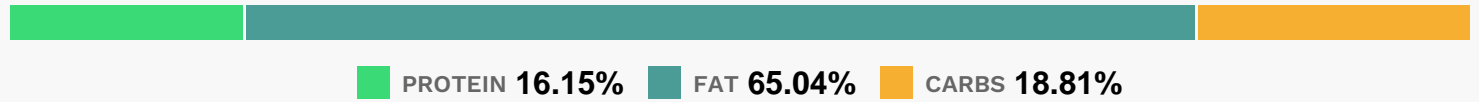
4 tomatoes ripe

Equipment

Directions

- Slice mozzarella and tomatoes into 1/4 inch slices and arrange on platter
- Sprinkle basil leaves over all
- Drizzle with oil and vinegar
- Salt and pepper to taste

Nutrition Facts



Properties

Glycemic Index:79.75, Glycemic Load:4.85, Inflammation Score:-10, Nutrition Score:24.497826086957%

Flavonoids

Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.93mg, Luteolin: 0.93mg, Luteolin: 0.93mg, Luteolin: 0.93mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg

Nutrients (% of daily need)

Calories: 369.51kcal (18.48%), Fat: 27.38g (42.13%), Saturated Fat: 9.51g (59.45%), Carbohydrates: 17.82g (5.94%), Net Carbohydrates: 13.16g (4.79%), Sugar: 12.48g (13.86%), Cholesterol: 44.79mg (14.93%), Sodium: 662.38mg (28.8%), Protein: 15.3g (30.6%), Vitamin C: 208.11mg (252.26%), Vitamin A: 6231.32IU (124.63%), Vitamin K: 39.2µg (37.33%), Vitamin E: 5.17mg (34.44%), Calcium: 319.01mg (31.9%), Vitamin B6: 0.56mg (27.88%), Phosphorus: 273.69mg (27.37%), Folate: 93µg (23.25%), Vitamin B12: 1.29µg (21.55%), Potassium: 675.96mg (19.31%), Manganese: 0.38mg (19.01%), Fiber: 4.65g (18.61%), Vitamin B2: 0.31mg (18.4%), Zinc: 2.28mg (15.17%), Selenium: 9.8µg (14%), Magnesium: 46.6mg (11.65%), Vitamin B3: 2.28mg (11.38%), Vitamin B1: 0.14mg (9.6%), Iron: 1.51mg (8.41%), Vitamin B5: 0.67mg (6.68%), Copper: 0.12mg (6%), Vitamin D: 0.23µg (1.51%)